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1 news



It's been an upbeat three years for Archie, but a bizarre CEO feud is rocking the company behind the comic.

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Canadians living across the border from Detroit are rallying to put an end to what they call 'The Windsor Hum.' Watch at metronews.ca/video

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Transit. Strike



► A security guard escorts an Access-a-Bus as it crosses a Metro Transit picket line on Monday morning.

ANDREW VAUGHAN/THE CANADIAN PRESS

City's Access-a-Bus back in service

The city is offering the Access-a-Bus service to registered users who require transportation to and from medical and specialist appointments. Transit workers walked off the job on Feb. 2, halting bus and ferry service in the city.

Man pleads guilty to manslaughter

► Sentencing scheduled in Pictou court later this week

Dartmouth man Robert Lamb pleaded guilty to manslaughter Monday morning, ending his second degree murder trial in the death of Jonathan Beaton in Pictou court.

The lawyers were in discussions much of the morning reaching an agreement.

Lamb will be sentenced Friday. He was silent and appeared unemotional, but several of Beaton's family cried as they heard the plea.

Jonathan Beaton was stabbed to death during a house party on College Street in Antigonish Jan. 1, 2010.

"Given all the circumstances of the case, it was an appropriate plea," said



► Robert Lamb

Crown attorney Darlene Oko. "It's an assessment of the strengths and weaknesses of the evidence essentially and what's appropriate in terms of the facts that (have) been placed before the court."

She said it was a difficult

case from a number of perspectives, but in the end they are satisfied with this outcome.

"We wouldn't agree to take a plea to manslaughter if we didn't think it was appropriate in the circumstances."

Defence lawyer Donald Murray said this has actually been discussed for roughly six months.

"Over time, particularly as the evidence comes out then people realize that positions they may have been hard and fast earlier about shouldn't be so hard and fast," he said. "That's when people seek ways to resolve things," Murray said.

NEW GLASGOW NEWS

U.S. man in trouble over U-turn

An American resident learned the hard way last week about the perils of making an illegal U-turn through an emergency highway turnabout.

Sgt. Bill Chisholm of the RCMP's Northern Traffic Services in Bible Hill said a

56-year-old man from South Dakota is to appear in provincial court in Truro on March 21 to face a breathalyzer charge.

The man was charged after an officer allegedly observed him making a U-turn through an emergency

turnabout on Highway 104, near Onslow.

Police issued a news release on Monday about the charge in an effort to remind motorists that turnabouts on provincial highways are for authorized use only. **TRURO DAILY NEWS**

Man's plea delayed again

The plea of a man charged in the death of 23-year old James Philip Mattatal has been delayed again.

Jason William Whitehead, 30, made a brief appearance in Halifax Provincial Court yesterday. He was scheduled to enter a plea, but that has been adjourned until March 12.

Whitehead is facing a charge of manslaughter in relation to Mattatal's death.

Mattatal was struck and hit the ground outside the Toothy Moose, a dance club on Argyle Street, on December 17. An altercation had broken out outside the club, but police



► Jason Whitehead

say Mattatal was not directly involved. He died later that day in hospital.

Police released a photo of the suspect shortly thereafter.

Whitehead turned himself in to police on December 20. **ALEX BOUTILIER**

Teen faces impaired driving charges

A 17-year-old youth from Cape Breton is facing a charge of impaired driving causing bodily harm after a collision on the weekend sent three people to hospital.

The two-vehicle crash happened early Saturday on Cottage

Road in Sydney.

Police say a Honda Civic travelling west crossed the centre line into the path of a Ford Taurus driven by a 63-year-old woman.

Both drivers and two male occupants in the Honda — aged 16 and 18 — were taken to hospital for treatment, but all were expected to recover from their injuries.

The driver is also charged with dangerous operation of a motor vehicle causing bodily harm. **THE CANADIAN PRESS**

Aquatic life at risk if industry expands: Group

A Nova Scotia conservation group says the discovery of a suspected virus at a fish farm highlights the risks that could come if the aquaculture industry expands.

Susanna Fuller of the Halifax-based Ecology Action Centre says the provincial government should reconsider the use of open-net pens in the aquaculture industry after a seafood company reported a suspected case of infectious salmon anemia.

Testing

► Tests are being conducted to confirm whether the virus is present.

Cooke Aquaculture says it killed salmon in two cages after it detected the suspected outbreak on Feb. 10 at one of its nine fish farms in the province.

Fuller says the government should consider increasing the use of closed containment tanks as a more ecologically sensitive option.

But Brett Loney, a spokesman for the province's Department of Fisheries and Aquaculture, says it's too early to say whether the department would change its policies.

THE CANADIAN PRESS

ELECTRICITY RATES

2 projects approved for energy program

Fundy Tidal Inc. now has two small-scale projects approved for Nova Scotia's community feed-in tariff program.

The Nova Scotia Department of Energy has approved a 500-kilowatt project for Petit Passage between Digby Neck and Long Island.

A 1.95-megawatt project in the Digby Gut received approval from in December and Fundy Tidal Inc and its partners are working on site selection there.

The COMFIT approval allows the tidal energy

developer to sell its electricity at a fixed rate of 65.2 cents per kWh for the next 20 years. These are the first tidal projects in the world to be supported by a community feed-in tariff.

Fundy Tidal is expecting approval soon for a 500-kilowatt project in Grand Passage between Long and Brier Islands.

The projects still have to undergo provincial and environmental assessments entirely separate from the COMFIT approvals.

Fundy Tidal and its partners hope to raise \$20 million in capital investment through a community economic development investment fund, which means in this case 51 per cent of the investment in the project must come from Nova Scotia. **DIGBY COURIER**

Police officer charged with drunk driving

ALEX BOUTILIER
@METRONWS.CA

A Halifax Regional Police officer has been suspended with pay after being arrested for impaired driving on Sunday.

Const. Jennifer McPhee, 34, has been charged with impaired driving and having a blood alcohol level exceeding the legal limit.

Just before 9 p.m. on Sunday, police received reports of an impaired driver near the area of Joseph Howe Drive and Dutch Village Road. The report included the suspect's licence plate number, and police located the vehicle nearby on Coronation Avenue.

The responding officers identified McPhee as an off-duty police officer, and noted signs of impairment. She was arrested without incident, and has been suspended from the force until the matter is resolved. She is scheduled to appear in Halifax Provincial Court on March 20.

McPhee is the second



► Jennifer McPhee

HRP officer charged with impaired driving in three months.

On December 17, 52-year-old Sgt. Kevin Tellenbach was driving a police vehicle while off-duty when he crashed in the area of Magazine Hill and Dartmouth Road.

Police noticed signs of impairment when they responded to the single-vehicle crash.

Tellenbach has also been suspended. He is scheduled to appear in court on March 9 to enter a plea.



► Kyle Warkentin helps gather shoes at a Burnside storage facility Monday morning. Warkentin has collected approximately 40,000 pairs of shoes, which will soon be shipped to Haiti and Africa.

Footwear collection to makes its way abroad

► It's no shoe fetish — a local student has collected tens of thousands of pairs in donations ► Items will be sorted and sent to Haiti, Africa

JENNIFER
TAPLIN
@METRONWS.CA

Imelda Marcos, eat your heart out.

Marcos, the widow of former Philippine president Ferdinand Marcos, is said to have accumulated 2,700 pairs of shoes.

Kyle Warkentin's collection of shoes is bigger — and instead of being a symbol of self-entitlement and opulence, Warkentin's is a symbol of generosity and compassion.

To be clear, Warkentin's collection of 40,000 sets of shoes does not belong to him; he has been collecting them for two years and will send them to Haiti and Africa.

"When I was in Africa, I noticed that a lot of people

were walking around barefoot," Warkentin said yesterday as a group of volunteers helped to empty two large storage units and put the shoes in a tractor trailer.

Those countries are high-risk areas for HIV and a simple cut on a foot can lead to severe infections, amputations, and possibly even death.

Warkentin figured there were plenty of shoes gathering dust in the closets of Nova Scotians, but he never imagined his project would be this successful.

"I wanted to collect 2,000 pairs — that was my goal," said the 21-year-old Dalhousie nursing student. "People started talking and I gave some presentations to schools

Hard on the feet

Proper footwear can help prevent these problems:

- Tetanus or infection
- Creeping eruption caused by hookworm larvae
- Parasitic diseases, including intestinal hookworms
- Podoconiosis (mossy foot)
- Kaposi's sarcoma, a form of cancer
- Tungiasis, caused by parasitic sand fleas

Source: Centre for Disease Control

and it just grew to be huge."

The mountain of

footwear will go to a warehouse in the Annapolis Valley where volunteers will sort them into pairs. Warkentin plans to go down and help with that and is hoping the spirit of giving will continue.

The storage facility in Dartmouth (Metro Self Storage) provided free space; Frenchy's provided free trucking; and the shipping of the shoes will also be covered by a donor.

"This is all pro bono which is absolutely fantastic," said Warkentin, who put an ad on Kijiji looking for volunteers and got some fellow students to chip in.

"There have been a lot of people giving a few hours of their time," he said. "Altogether, I've had over 200 volunteers."



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N.S. aims to engage people

► Civic engagement workshops will be held for voters, potential municipal candidates ahead of October election

The provincial government has launched a web site and workshop tour in efforts to increase civic engagement in the upcoming municipal elections.

The Department of Service Nova Scotia and Municipal Relations will host a number of workshops for voters and potential municipal candidates throughout the province in anticipation of the elections, scheduled for October.

According to the department, the goal of the workshops is to encourage people to run for municipal office as well as increasing voter turnout.

In the last municipal elections, held in 2008, the average voter participation was a dismal 40 per cent. In HRM, only about 37 per cent of citizens bothered



► Minister of Municipal Relations
John MacDonell

to turn up at the polling stations, down from 48 per cent in 2004.

Many observers expect a stronger showing in HRM this October, noting a seemingly strong interest in the race for the mayoralty.

For more information on the workshops, visit ns-municipal-elections.ca.

● ALEX BOUTILIER

News in brief

Snowmobiler didn't crash, RCMP says

The Mounties say a man who died while snowmobiling in Nova Scotia did not crash as first thought.

Police say 72-year-old Jim Cameron of Truro Heights died Friday while travelling with three other snowmobilers along a Folly Lake snowmobile trail.

THE CANADIAN PRESS

Facing a whale of a problem

The Municipality of the District of Digby has

drawn a line in the sand of Sandy Cove.

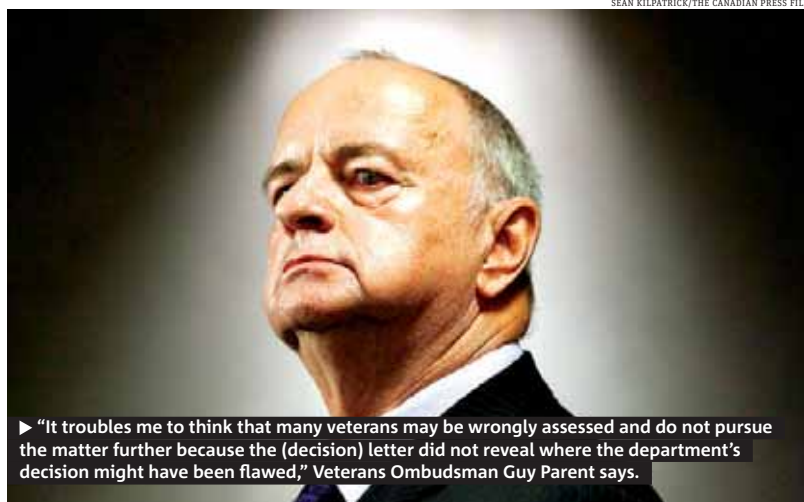
A six-metre whale washed up on the Fundy Beach sometime last weekend and the municipality says they aren't touching it.

"The province owns the beach, the federal government manages the whales, and I don't see where we come into it," says the municipality's deputy CAO Gordon Wilson. DIGBY COURIER

Cocaine seized in search

Inverness-Richmond street crime enforcement unit assisted Port Hawkesbury RCMP in executing a search warrant at a residence in Port Hawkesbury, seizing 32 grams of cocaine.

CAPE BRETON POST



► “It troubles me to think that many veterans may be wrongly assessed and do not pursue the matter further because the (decision) letter did not reveal where the department’s decision might have been flawed,” Veterans Ombudsman Guy Parent says.

Ottawa blasted over veterans' benefits

🔴 Vets not given proper reasons for denial of aid; adjudicators need systematic approach: Ombudsman

A report on how former soldiers are told whether they have qualified for disability benefits is the start of a wide-ranging look into problems plaguing veterans' care, the veterans ombudsman says.

In his report into whether veterans are given enough information about why they are granted or denied disability benefits, Guy Parent found the government is failing.

And failure so early in the process can have a domino effect that Parent says he intends to study over the coming years.

"We needed to start somewhere and I think this

Reaction

- ▶ A spokeswoman for Veterans Affairs Minister Steven Blaney said he welcomes the report and intends to act quickly.
- ▶ “Cutting red tape and providing hassle-free services to our veterans is minister Blaney’s top priority,” Codie Taylor said.

is a good point," he said in an interview.

The report released Monday reviewed a sample of 213 disability benefit decision letters sent between 2001 and 2010 and found that none clearly stated the

reasoning behind the decision. About one in five gave enough detail for veterans to attempt to deduce the rationale, but the remainder came up entirely short.

Parent says that failing to provide supporting information for decisions is at odds with the Veterans Bill of Rights and other laws.

His report recommends that reasons for decisions be stated in plain English, not medical or legal terms, and that manuals be reviewed to make sure adjudicators are aware of what has to be in the letters. A quality assurance system must also be in place.

THE CANADIAN PRESS

FIGHT FOR THE CURE

Trudeau the underdog in charity fight

Conservative Senator Patrick Brazeau is the clear favourite against Liberal MP Justin Trudeau in a charity boxing match, an online bookmaker says.

Adam Burns, sports book manager of Bodog.ca, said he looked at the men's experience — particularly Brazeau's black belt in karate — and physical stature and put Brazeau at -500 odds

and Trudeau at +300. That means Brazeau has more than an 80 per cent chance of winning, he said.

“(Brazeau) might need to be an even bigger favourite,” Burns said. “Even though they’re wearing headgear and it’s Olympic-style and I know they’re not going to try to kill each other, I wouldn’t be surprised if Trudeau got knocked out or at least fell down once in this fight.”

The Fight For the Cure match in Ottawa on March 31 will raise money for the Ottawa Regional Cancer Foundation. **JESSICA SMITH**

Third charge laid in 'couch surfing' death

A Quebec man accused of driving a vehicle that dragged a sofa carrying two of his friends, one of whom was killed, faces three criminal charges.

Alex Labbe, 21, of St-Benjamin, had already been charged with hit-and-run causing death and dangerous driving causing death. On Monday, the Crown laid a third charge of criminal negligence causing death in the Saturday-night stunt that killed Francois Hallee, 22. **THE CANADIAN PRESS**



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HUMAN TRAFFICKING

Ugandan women forced into sex slavery

Advertisements pinned on the walls of shopping malls in Uganda's capital promise young women a free ticket to a well-paying job in Malaysia as a nanny, maid or bartender.

Instead, many are forced to become sex

slaves to pay off travel fees and other costs, totalling as much as \$7,000. The traffickers brainwash their victims into believing they may die if they quit.

Authorities say nearly all of the prostituted girls have college degrees but have failed to find jobs in Uganda, where unemployment is high.

A report released last week said that more than 600 Ugandan girls are currently trapped in Malaysian prostitution rings. **THE ASSOCIATED PRESS**

Red Cross urging a Syrian ceasefire

The International Committee of the Red Cross said Monday that it is trying to broker a ceasefire aimed at allowing emergency aid to reach people in the areas

most affected by fighting in Syria, where thousands have died in an 11-month uprising against President Bashar Assad's regime.

An ICRC spokeswoman said the Geneva-based aid group has been in talks with Syrian authorities and opposition groups for some time but attempts to negotiate a ceasefire had begun only recently. **THE ASSOCIATED PRESS**

Afghan winter freeze claims dozens of children

MUSADEQ SADEQ/THE ASSOCIATED PRESS



► A child stands with his father as they wait to receive blankets and winter jackets at a camp in Kabul for internally-displaced Afghans.

► Record cold snap forces locals to take shelter in camps to stay warm

More than 40 people, most of them children, have frozen to death in what has been Afghanistan's coldest winter in years, an Afghan health official said Monday.

The government has recorded 41 deaths from freezing in three provinces — Kabul, Ghor and Badakhshan, said Health Ministry spokesman Ghulam Sakhi Kargar.

All but three or four of those deaths were children, he said. Twenty-four of the deaths were in the capital of Kabul, mostly in camps for people who have fled fighting elsewhere in the country.

Kabul has been experiencing its worst cold snap and heaviest snowfall in 15 years, according to the Na-

tional Weather Center. It said the weather was to improve by the end of the week.

Heavy snowfall in Day Kundi province caused an avalanche late Sunday in the Sang-i-Takht district that damaged three dozen homes and shops. The avalanche caused no injuries, said Nasrullah Sadiqzada, a member of parliament from the central province.

The hardest-hit have been people living in tents in a number of camps around the capital. The deaths in these camps, so close to the offices of international organizations overseeing billions of dollars in aid to the country, have shocked many in Kabul. **THE ASSOCIATED PRESS**

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Painkiller strategy pushed

Addiction experts are applauding Ontario's new restrictions on OxyContin and the drug replacing it, but say the country needs a national strategy to tackle widespread abuse of prescription painkillers.

The province's decision to remove OxyContin and its successor from the list of drugs it routinely funds is a "very positive thing overall," said Dr. Irfan Dhalla of Toronto's St. Michael's Hospital.

His research found the addition of long-acting oxycodone — the form contained in OxyContin — to Ontario's drug plan in 2000 coincided with a spike in opioid-related deaths.

Imposing tighter controls on prescriptions "is



► OxyContin will no longer be manufactured in Canada come March.

not going to solve the problem by itself, but it's a major step forward," he said.

The maker of OxyContin will stop manufacturing the drug in Canada at the end of the month and replace it with a new formulation called OxyNeo.

As other provinces weigh whether to fund OxyNeo once OxyContin is discontinued, experts are urging Ottawa to take the lead in combating what has become a national health crisis.

THE CANADIAN PRESS

Surveillance stories

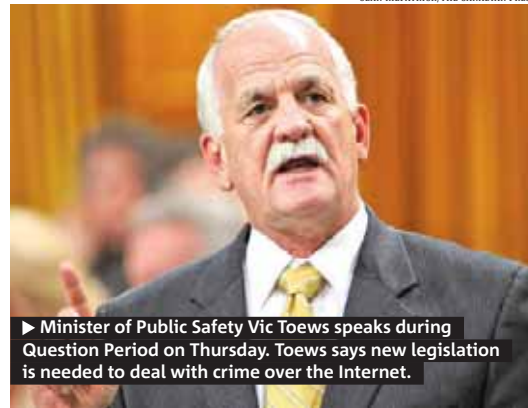
► Foreign legislation underscore the need for caution, critics say ► Government insists new law is necessary

Opponents of the government's online surveillance bill say Canada should look to its allies for cautionary tales before pushing ahead with measures that would erode Internet freedom.

Experiences in other jurisdictions, such as the United States and Britain, show no evidence of improved crime-fighting ability and "overwhelming evidence of increased surveillance," said Micheal Vonn of the BC Civil Liberties Association.

The legislation would allow police, intelligence and competition bureau officers access to Internet subscriber information — including name, email address and Internet Protocol address — without a warrant.

It would also require telecommunication service



► Minister of Public Safety Vic Toews speaks during Question Period on Thursday. Toews says new legislation is needed to deal with crime over the Internet.

providers to have the technical capability to enable police and spies to intercept messages and conversations.

The international examples demonstrate that when authorities are given more powers to keep an eye

on Internet surfers, they definitely use them, said Vonn.

The government insists the bill will improve Canada's ability to work with its international partners to fight crime and terrorism.

THE CANADIAN PRESS

RCMP to probe Toews threats

The RCMP say they've been asked to investigate threats made against Public Safety Minister Vic Toews.

Toews is facing criticism over the introduction of an Internet surveillance bill that critics say could violate people's privacy.

Over the weekend, the online activist group Anonymous posted a video suggesting the heat on the minister could intensify unless the bill is scrapped.

THE CANADIAN PRESS

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► Canada Post President and CEO Deepak Chopra.

Canada Post must modernize, CEO says

► \$2.1 billion being put toward revamping service

The growth of online retailers represents the biggest opportunity in a generation, but Canada Post chief executive Deepak Chopra says the post office needs to change to survive as fewer letters get delivered each year.

Chopra says the organization is going through its biggest upheaval since the introduction of postal codes and machine sorting.

And while the number of windowpaned envelopes with the latest Visa bill or bank statement are decreasing, the volume of yellow-padded envelopes with eBay purchases are on the rise.

"We're on the verge of a massive explosion in e-commerce," said Chopra.

Postal services around the world are facing the same trends that squeeze their business, undercut revenues and threaten to produce mass layoffs. The U.S. Postal Service says it may lose as much as \$18.2 billion a year by 2015 without major changes. Canada Post is also restructuring. It opened its first new plant in 20 years in Winnipeg and is retrofitting major operations in Toronto, Montreal and other cities. Modern equipment is speeding processing times, but means less manual handling and

tensions with unionized workers. **THE CANADIAN PRESS**

Walmart raises stake in online Chinese retailer

Walmart plans to buy a controlling interest in the fast-growing Chinese online retailer Yihaodian.

The big-box-chain operator has agreed to increase its stake in Yihaodian's holding company to approximately 51 per cent, Walmart said Sunday. The financial terms of the deal were not disclosed and it must be

approved by Chinese government regulators. Yihaodian has been in business for less than four years. It sells more than 180,000 products, ranging from groceries to electronics to clothing. It has 5,400 employees and a delivery net-

Canadians holding on to their cash

In the age of debit and credit cards, Canadians still love cash.

That's the conclusion of an unusual survey by the Bank of Canada, which talked to about 6,800 Canadians, including half who were asked to record their purchases over a three days. Findings revealed cash still accounts for 53.8 per cent of all transactions, and if the purchase was under \$25, that share goes to about 70 per cent.

"In particular, consumers prefer to use cash because they find it fast, cheap, safe against fraud and convenient for budget-control purposes," it said in a discussion paper.

THE CANADIAN PRESS

YouTube reaches out to Tinseltown for viewers



► Crew members work on a costume at the Maker Studios in Culver City, Calif. YouTube is investing \$100 million in 96 new channels with help from Hollywood.

YouTube is enlisting Hollywood's help to reach a generation of viewers more familiar with smartphones than TV remotes.

The online-video giant is aiming to create 25 hours of programming per day with the help of some of the top names in traditional TV. The Google-owned site is spreading its wealth among producers, directors and other filmmakers using a \$100-million US pot of seed money it committed last fall. The fund represents YouTube's largest spending on original content so far.

YouTube believes it is laying groundwork for the future. While the number of traditional TV watchers has levelled off in recent years, more and more people are watching video on mobile phones, tablets and computers, especially the

18- to 34-year-old age demographic that advertisers covet. The idea is to create 96 additional YouTube channels, which are essentially artists' home pages, where viewers can see existing video clips and click "Subscribe" to be notified when new content goes up.

THE ASSOCIATED PRESS

What to expect

- **YouTube has attracted** Fast Five director Justin Lin, who directs episodes of Community; CSI creator Anthony Zuiker; and Nancy Tellem, former president of CBS entertainment.
- **Several new channels**, such as the extreme-sports-focused Network A and Spanish-language Tutele, have launched. YouTube hopes to have them all up this summer.

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Market moment

TSX	Dollar	Oil	Natural gas
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			Gold \$1,725 US No change

Eurozone agrees to save Greece from bankruptcy

After more than 12 hours of talks, the countries that use the euro agreed early Tuesday to give Greece \$170 billion US in further bailout loans to save it from a potentially calamitous default, an EU diplomat said.

The euro surged as the news broke, climbing 0.7 per cent to \$1.328 in minutes.

The deal — details of which were still being worked out by European fi-

nance ministers in an all-night session in Brussels — was expected to bring Greece's debt down to 120.5 per cent of GDP by 2020, according to the official. That's around the maximum that the International Monetary Fund and the eurozone considered sustainable.

Some eurozone ministers had indicated before the meeting that they would not accept a deal that



► Greek Finance Minister Evangelos Venizelos, second right, speaks with Belgian Finance Minister Steven Vanackere, left, French Finance Minister Francois Baroin and Greek Prime Minister Lucas Papademos at the EU Council building in Brussels on Monday.

didn't put Greece's debt on a sustainable path.

The official spoke on condition of anonymity because a formal announcement was pending.

The deal should also give the green light to a related debt relief from private investors. Greece desperately needs another rescue package if it is to avoid default next month when a \$19.2-billion bond issue comes due. **THE ASSOCIATED PRESS**

Shakeout

- **The goal was to bring** Greece's debt down to around 120.5 per cent, from more than 160 per cent, of the GDP by 2020, as advised by the IMF.
- **An uncontrolled bankruptcy** could have forced Greece to leave the eurozone and return to its old currency, further shaking its beaten economy.

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SHE SAYS ...

JESSICA NAPIER
METRO



If Facebook is like a diary of what my life actually looks like (albeit a carefully curated one), then Pinterest is my vision board for what I wish my life looked like.

If you're unfamiliar with this rapidly growing social-networking site, well, where have you been? Here's how it works: images of beautiful clothes, adorable animals, elegant homes and perfectly styled foodstuffs are virtually "pinned" onto thematic boards. Users can edit and share their digital pinboards with fellow pinthusiasts who can then comment on, like and repin the images on their own boards and so on.

While a small percentage of the images are purely practical — think "the best DIY drain cleaner" — the majority are simply things that are nice to look at. The photo-sharing site is especially popular among young women (hi there!) who grew up tearing images out of magazines and tacking them up on corkboards to create aspirational collages. Taking this low-tech practice and moving it online is both genius in its simplicity and its revenue-generating potential.

"In January of this year, Pinterest became the fastest website in history to break through the 10 million unique visitor mark..."

Not only is Pinterest easy to use, it's also hopelessly addictive. I've stayed up until 1 a.m. browsing online catalogues of stunning interiors because I decided my home-decor board absolutely needed some new material. I catch myself pinning at home, at the office, in transit ... heck, I've pinned 10 times already while writing this column.

Interestingly, Pinterest's user demographics in North

America differ vastly from those across the pond. The overwhelming majority of American users are females (83 per cent) using the site to post images from feminine interest areas such as fashion, hair and beauty, wedding decor, recipes, etc. In Britain, more than 50 per cent of the users are males sharing very different materials, including SEO and marketing resources, web analytics and venture-capital-related items. Notwithstanding these differences, images concerned with homemade crafts rank pretty high in both countries. I guess you can't deny the popularity of DIY tchotchkes.

While you could dismiss this photo-sharing site as a frivolous collection of eye candy, you'd be a fool not to recognize its potential. I'm sure plenty of companies and brands would love to know that I have visited websites and even made a couple of purchases as a direct result of something I stumbled upon on someone's virtual pin board.

In January of this year, Pinterest became the fastest website in history to break through the 10-million-unique-visitor mark and it's growing exponentially every single day. So are you getting nervous, Mr. Zuckerberg?

Read more of Jessica Napier's columns at metronews.ca/shesays



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and take the quick poll

How much personal information do you post online?

YOU CAN FIND MY LIKES AND DISLIKES, BUT THAT'S ABOUT IT.

41%

12%

ALL OF IT. I'VE GOT NOTHING TO HIDE.

47%

I KEEP ALL MY PERSONAL INFORMATION WRITTEN IN PIG LATIN AND HIDDEN UNDER MY BED.

Daily Zoom

Out of the blue in Rio



Revellers gather in Rio for parade

RIO DE JANEIRO. This year's Carnival celebrations seem to have drawn some of the unlikely of fans. These "Smurfs" were some of the many revellers who descended on Rio de Janeiro to watch the elaborate parades of Carnival which culminate on Fat Tuesday before the start of the Catholic season of Lent.

● MWN

Swivelling hips for 40 minutes

PARADE. The main event of the Carnival takes place at the Sambadrome, a city strip flanked by stands with 80,000 spectators, where 13 samba schools perform with lavish moving floats. Feathered dancers dance and swivel their hips nonstop for 40 minutes to compete for the prize of the parade's champion. ● MWN

Local tweets



► **@brianlarter:** I would just like to remind the

citizens of Halifax that the buses could have been back on the road last week. Council said no.

► **@MarkCoffin:** I assume there are some valid arguments against having a feb holiday... I don't see why there shouldn't be, but what are they? #NSPoli

► **@evilpez4:** Only reason to be that excited about Tim Horton's launching Roll Up the Rim today is if they're giving away free buses. #transitstrike #HRM

► **@ns_mma:** TDIH: 1815:Privateer schooner Dove of Liverpool captured Brig George - the last captured vessel of the War of 1812 to be brought to Halifax

► **@hanlonfrancis:** Somethings going down on Quinpool...police flying in from all directions...

► **@Chakaron_08:** Went to bed at 9 last night and I still dont feel rested. Looks like imma have to ditch class AGAIN

► **@calebsabourin:** Grade 12, going to see Dr Seuss at the theaters. With parent chaperones. Something is wrong with this.

Carnival facts

► **History.** Carnival dates back to the 18th century and mixes the traditions of Portuguese settlers with the culture and history of the African slave population. The first parade of samba schools was in 1928.

► **What samba schools do.** Each school features up to 6,000 drummers, dancers and other participants as

well as spectacularly decorated floats. The schools develop an allegorical theme with a specially written samba song.

► **Queens of the Night** Each school has a rainha, or queen, who leads the drum corps. Usually dressed in little more than a huge plumed headdress and high-heeled shoes, they are often famous actresses or models.

2

scene

Box office



Woody Allen's romantic fantasy *Midnight in Paris* and Alexander Payne's family drama *The Descendants* have won top screenplay honours from the Writers Guild of America. With his biggest hit in decades, writer-director Allen earned the guild's prize Sunday for original screenplay on *Midnight in Paris*. The film stars Owen Wilson as a modern Hollywood writer who gets a chance to hang with his literary idols in the 1920s Paris of Hemingway and Fitzgerald. Director Payne shared the adapted screenplay honour with co-writers Nat Faxon and Jim Rash. Based on the novel by Kauai Hart Hemmings, *The Descendants* stars George Clooney as a Hawaiian dad struggling to tend to his two daughters after a boating accident puts his wife in a coma.

THE ASSOCIATED PRESS



Canadian film sound engineers lose out to Hugo team at Audio Society Awards

Filming on a mission

▶ Act of Valor crew had their work cut out for them following the days of real-life Navy SEALs



ADAM
NAYMAN
SCENE@METRONEWS.CA

"We wanted to show that these guys were human beings and not Terminators," says Scott Waugh, the co-director of the unconventional new feature *Act of Valor*, an action movie starring real-life Navy SEALs.

"Originally, they turned us down, saying that they weren't actors, and that they weren't Hollywood guys."

"We told them that we only wanted them to be themselves."

Waugh is a former stuntman and his co-director Mike McCoy used to race motorcycles for a living, so it's no surprise that they were able to relate to a group of alpha-male types.

Act of Valor grew out of documentaries the pair made for the Air Force and the Navy, but it's a fictional narrative, featuring scripted dialogue, plot twists, and actors in supporting roles (mostly as the terrorist villains on the wrong end of the SEALs' gunsights).

McCoy says that the story is rooted in reality, however.

"Everything that happens to a SEAL in the film has happened to a SEAL on the battlefield."

In some cases, the line between filmmaking and field work blurred together: a scene where the



▶ *Act of Valor* is the product of a pair of documentaries made for the U.S. Air Force and Navy.

SEAL team rendez-vous with a nuclear submarine was shot using the real thing.

"We waited until a true insertion operation was planned and then hopped on," says Waugh, who says that they weren't given exact coordinates on the sub's location until the morning of the shoot.

"All that stuff is real and shot in real time."

"We avoided CGI," adds

McCoy.

"It's all real stuff, like in the action movies we were raised on."

That also means that the SEALs did their own stunts, which McCoy says was less of a stretch than one might think.

"The way they train, they're the most physically capable people on the planet."

While Waugh and McCoy acknowledge that releasing such a

pro-military movie into such a polarized political moment is a risk, they say they don't have any agenda: their admiration for their subjects and subject matter is sincere.

"We had one goal when we started the film," says Waugh, "and that's that the guys would still want to have a beer with us when we were done. And I'm proud to say that we're still drinking beer together."

Shooting SEALs

▶ The *Act of Valor* crew followed real SEAL training sessions and although there might be concern about revealing the identities of these special operations forces, the SEALs they followed weren't in an operational position, but merely in training. The faces of the SEALs and their first names are used in the movie.

DVD reviews

Buy it (★★★★) | Rent it (★★★★) | Borrow it (★★★★) | Yawn (★★) | Don't bother (★)

J. Edgar

Genre: Drama

Director: Clint Eastwood

Stars: Leonardo DiCaprio, Armie Hammer, Naomi Watts

Clint Eastwood's substantial biopic tells us many things, possibly too many, about the late J. Edgar Hoover, the secretive FBI director who probed America's nether regions for 48 years under eight presidents, from 1924-72.

Penned by Milk screenwriter Dustin Lance Black, J. Edgar is attentive to both

the rumours (the cross-dressing and the gay lover) and to historical fact (the crime-busting and the empire building). There is almost too much detail about the man/monster portrayed by Leo DiCaprio from Hoover's youth to old age.

J. Edgar nevertheless succeeds in illuminating Hoover, despite the faded hues of Tom Stern's desaturated colour cinematography and Eastwood's austere direction and minimalist score.

The spotlight is powered

largely by the wattage of DiCaprio's formidable central performance. There are other star turns, including Judi Dench as Hoover's overly attentive mother, Naomi Watts as a potential love interest, and Armie Hammer as his true love.

In the end, J. Edgar is a wildly ambitious yet admirable undertaking that leaves us with no tears, but reminds us about the power of love.

Extras include a making-of featurette.

● PETER HOWELL



Celebrity tweets



Packing makes me anxious. I hate limiting my choices.



@DanaDelany

OK, I get it — everyone on Twitter is clever — enough already...



@jimmykimmel



@SteveMartinToGo

Found small Chinese person inside my iPhone. Apple needs to address working conditions.

@margaretcho

Should I put wet underwear in microwave?



► Dame Judi Dench

Judi Dench's eyes are dim

Dame Judi Dench admits that she's been battling macular degeneration, an eye condition that's causing the 77-year-old to lose her vision.

"I can't read scripts any more because of the trouble with my eyes," she tells the

Daily Mirror. "And so somebody comes in and reads them to me, like telling me a story." But Dench, who's undergoing treatment for the condition, doesn't have any plans to give up acting.

"As long as there is a possibility of working, I'm not going to retire," she says. "If I retire, nothing will work any more, and it's hard enough as it is." **METRO**

Marky Mark goes for shock tactics

Mark Wahlberg has found an effective way to deter his kids from getting tattoos: bringing them along to his extremely painful tattoo-removal sessions.

"I don't want my kids getting tattoos. And I wanted them to be [removed] by the time I did the

Fighter because putting makeup on and covering them up has always been a pain in the butt," Wahlberg says in an interview with the Today show.

"I've taken my two older kids to the procedure so they see how painful it is and what I have to go through."

METRO



► Mark Wahlberg

Houston items go up on the auction block

► Singing legend was buried on Saturday and already her Bodyguard dress, earrings are up for grabs ► How much will these pieces of Whitney go for?

ALL PHOTOS GETTY IMAGES

THE WORD

DOROTHY ROBINSON
SCENE@METRONews.ca

Well, that was quick. She was just buried on Saturday, but the vultures are already circling: It was announced on Sunday that the black velvet dress and a pair of earrings Whitney Houston wore in *The Bodyguard* will be put up for auction next month in California as part of a Hollywood Legends auction.

According to celebrity auctioneer Darren Julien, Houston's *Bodyguard* items became available after her death on Feb. 11.

"It proves a point that these items, they're an investment," Julien told The Associated Press.

"You buy items just like a stock. Buy at the right time and sell at the right time, and they just increase in value."

He continued: "It's a



► A fan takes a photograph at the gravesite of Whitney Houston Sunday in Westfield, N.J.

celebration of her life. If you hide these things in fear that you're going to offend someone — her life is to be celebrated. These items are historic now that she's passed."

Point taken. But her death is already so tragic. Can't we have an appropriate amount of time to mourn before everyone starts to profit off of her? Say, a week?

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3 life

Quoted

"I triple-Spank, which is not good.

Spanx really, really work, but you don't

need to overdo it. It's wonderful because it gives you the illusion of an hourglass with the sand kind of spread out."

THE HELP OSCAR NOMINEE OCTAVIA SPENCER TO TV HOST ELLEN DEGENERES ON CURBING HER CURVES AT THE GOLDEN GLOBES



Transgender kids get puberty-blocking drugs, sex-changing hormones; MDs say numbers are rising

How Emma got that red-carpet body

► The Academy Awards are this Sunday, so you know celebs are busy working out to get ready ► Personal trainer Armando Alarcon, who works with The Help star Emma Stone, tells us how to rock the toned red-carpet look

For all the jokes about plastic surgery and dangerously thin actresses, many celebrities today look toned and tight because of one thing: They exercise regularly. And they work hard at it. See for yourself February 26th, on the red carpet at the Academy Awards. Sure to be there is Emma Stone, whose film *The Help* is nominated for Best Picture. We asked her personal trainer, Armando Alarcon, about her routine — and how you can emulate it.

Maximize your body 100 per cent

The first tip is to never single out one exercise. Full-body training will make you use more muscle and burn calories.

"The body does not move as one single entity," says Alarcon.

"Constantly change your routine with a mix of Pilates, basic weightlifting, yoga and plyometrics combined into one so that the body changes as a whole rather than one particular muscle group."

Identify, target and fix problem areas

When standing tall, a man will look stronger and a

"I am not built to lift weights mentally. I do not like lifting heavy metal over my head. I have a lot of rage, I guess, and it comes out when I'm hauling steel overhead."

EMMA STONE, ON WORKING OUT WITH ARMANDO ALARCON

woman more elegant, but everyone has a problem area that can affect overall posture.

Identify these and bring the body back to its original state before building it back up again.

The most common problem occurs when your chest pulls you forward and your back doesn't have the strength to hold the shoulders back, rounding the shoulders and causing a squatted forward lean of the head.

You need to focus on working the back muscles (Pilates is great). Doing so also flattens out the stomach and brings the chest and the shoulders back and down and correctly aligned with the head.

Weights don't need to weigh you down

The celebs use weights — well, light ones.

"Think of it this way: walking is good, jogging is better and sprinting is best," says Alarcon. "Adding five-pound ankle or arm weights to any exercise is hard as heck but causes more of a burn, as it maximizes the effort and shortens the time needed to gain the maximum amount of muscle. You can go from doing 20 reps to 10 to 15, and get the exact same results," he continues.

If it's bad, don't eat it Alarcon doesn't believe in diets. Allow yourself to eat what you want to eat or you will crash.

His food rules are simple: If you think it's bad, it probably is, so don't eat it. If you think it's too much, then don't eat it all. Whatever your vice is — carbs, fat or salt — change it.

Then eat breakfast. Proteins. Vegetables and water. And a flat stomach will follow, which you can then tone up with ab exercises. Sounds like a lot of work? For proof of the results, check out Emma this Sunday night.



► Actress Emma Stone

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Alarcon on Emma

"Emma is the perfect example of someone who controls her eating very well. She doesn't go on diets and does indulge once in a while but overall, she eats very little meat and fatty foods and lots of fresh fruit and vegetables."

3 OF EMMA'S BEST COMBOS

► Lie face down on the floor with your palms at shoulder level, fingers pointing forward. Squeezing your gluteus, push yourself up until your body weight rests only on your palms and toes. Lower yourself and repeat.

THE PLANK/ PUSHUP



► After three reps, hold plank position and begin to hop both knees in one motion toward the chest. Pause and in one motion kick both legs out again, ending up back in the plank position.

THE HOP UP/ AND BACK



► Sit into a squat. Stand with your feet shoulder-width apart. Lower yourself into a very low squat, with your back straight and feet fully on the floor. Rise onto your toes and hop 2 or 3 inches into the air while maintaining your squat position.

THE SQUAT/ JUMP



ILLUSTRATION: MIA KORAB/METRO WORLD NEWS

Can pomegranate prevent cancer risk?

► Questions remain about whether the antioxidant-rich fruit can help improve prostate problems



CELIA MILNE
LIFE@METRONews.ca

Perhaps you're perplexed by the pomegranate. Can this pure, pungent potion prevent prostate problems?

You may have heard claims that consuming pomegranate juice and supplements is helpful in ailments such as prostate cancer. Yet the makers of POM Wonderful 100% Pomegranate Juice and POMx supplements were given a warning in the U.S. for making false health claims.

What is really going on?

We asked Dr. Channing Paller, a senior oncology fellow at Johns Hopkins University in Baltimore, to fill us in. She and her colleagues recently conduct-

ed a study of POMx pills in men with prostate cancer. They found that it's safe to take the pills and does improve one important marker of prostate cancer.

Specifically, pomegranate pills increased prostate specific antigen doubling time (PSADT), which means that the cancer was progressing less rapidly in many of the 104 men in the study.

This followed an earlier study by Dr. Alan Pantuck of UCLA that found drinking eight ounces of pomegranate juice daily increases PSADT.

So why isn't Paller praising the pomegranate?

"Although we are happy that our study demonstrated daily POMx pills resulted in a six-month improvement in PSADT, this is not yet considered

Why pomegranate?

- There is little doubt that pomegranate juice is good for you and safe to drink. It is high in antioxidants, nutrients that are known to fight disease.
- The Mayo Clinic warns: if you are going to drink pomegranate juice regularly to prevent disease, talk to your doctor. It may affect how your body metabolizes prescription medications.
- Pomegranate juice is comparable to grape juice and blueberry juice in antioxidant content.

a clinically significant endpoint," she told Metro.

"Until we can show that people live longer or have longer periods where they are disease-free if they take pomegranate



juice or pomegranate extract ... no recommendations can or should be made for regular use of this compound."

It's a guarded thumbs up. Next, Paller plans to study the benefits of muscadine grape skin on men with prostate cancer.

Thoughts on ... Fun

AMUSEMENT. Have you forgotten how to have fun? Play is serious business for kids, so take some cues from the children in your midst.

They approach their playtime and flights of imagination with a kind of abandon most adults have forgotten is possible.

Not only do we become boring (and bored) when we don't make the time for fun, but we also become unhappy.

If you have trouble letting go of worries and responsibilities, imagine that you've sealed your cares in a box and stashed it in the closet for a few hours and then go out and pursue the activity that makes your heart sing.

Having fun is not an occasion — it's a way to live your life.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

Take Me Home!

Jade

A former stray, Jade came to the shelter as a Mom but now that her little one is all grown up it is time for her to move on and find a loving home of her own. She is quite vocal and will welcome you enthusiastically to her kennel with a series of excited meows.



An affectionate lady, she does not mind being picked up and cuddled and she even likes to give you lots of little kisses right on the tip of your nose! If you think that Jade might be the one for your household then please come meet her today one look into her beautiful eyes and you will be hooked!

For more information on Jade and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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Preparation:

1 In pot of boiling salted water, cook pasta 8 mins. or until tender-firm. Reserve some cooking water; drain. Return pasta to pot.

2 In skillet, heat oil and lemon rind over medium heat until sizzling. Mix tuna with 15 ml (1 tbsp) of reserved water. Stir lemon oil into pasta and add tuna, heating mix gently. Add lemon juice; stir

in tomatoes. **THE CANADIAN PRESS/ CLOVER LEAF/ ADAPTED BY EMILY RICHARDS**

Ingredients:

- 130 g (4 1/2 oz) angel hair pasta
- 15 ml (1 tbsp) olive oil
- 15 ml (1 tbsp) grated lemon rind
- 30 ml (2 tbsp) lemon juice
- 2 cans (85 g each) flaked light tuna (garlic and hot pepper flavour)
- 250 ml (1 cup) halved grape tomatoes

Secret to success of Fries & Co. lies in bowl

► While items like Bam Bam Shrimp and Fish and Chips need a bit of work, the Seafood Chowder is delicious ► It includes haddock, scallops and more

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



The venerable Fries & Co. is busy and, like me, everyone is doing take-out.

The amiable staff seems to love their work. The walls are adorned with pictures depicting the restaurant's history as well as the daily paper's front page.

The menu features the expected seafood plus chicken and burgers.

The Bam Bam Shrimp (six for \$7.49) is disappoint-



► Seafood Chowder (\$4.99)

ing. Lightly battered, most of the shrimp are small, one is tiny and all are flavourless — saved only by the sweet chili sauce.

The two-piece fish and chips (\$8.91), is a good-sized serving. These tasty fries keep pretty good company to large, fresh, golden-brown fish. But while one

piece is lightly battered, the other, surprisingly, is heavily battered and mushy.

The Seafood Chowder (bowl \$4.99) is a winner. It is chock-full of haddock, baby shrimp, scallops, bits of potato and a delicious, but not-too-rich, broth. The reason for this institution's longevity lies in this bowl.

► **Fries & Co.**
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Social lunch: Yes
Lunch with co-workers: Yes
Quick solo lunch: Yes
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Rating: 3 out of 5

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4 Jessie J Domino
3 Pitbull Ft Chris Brown International Love
2 Marianas Trench Fallout
1 David Guetta Ft Nicki Minaj Turn Me On
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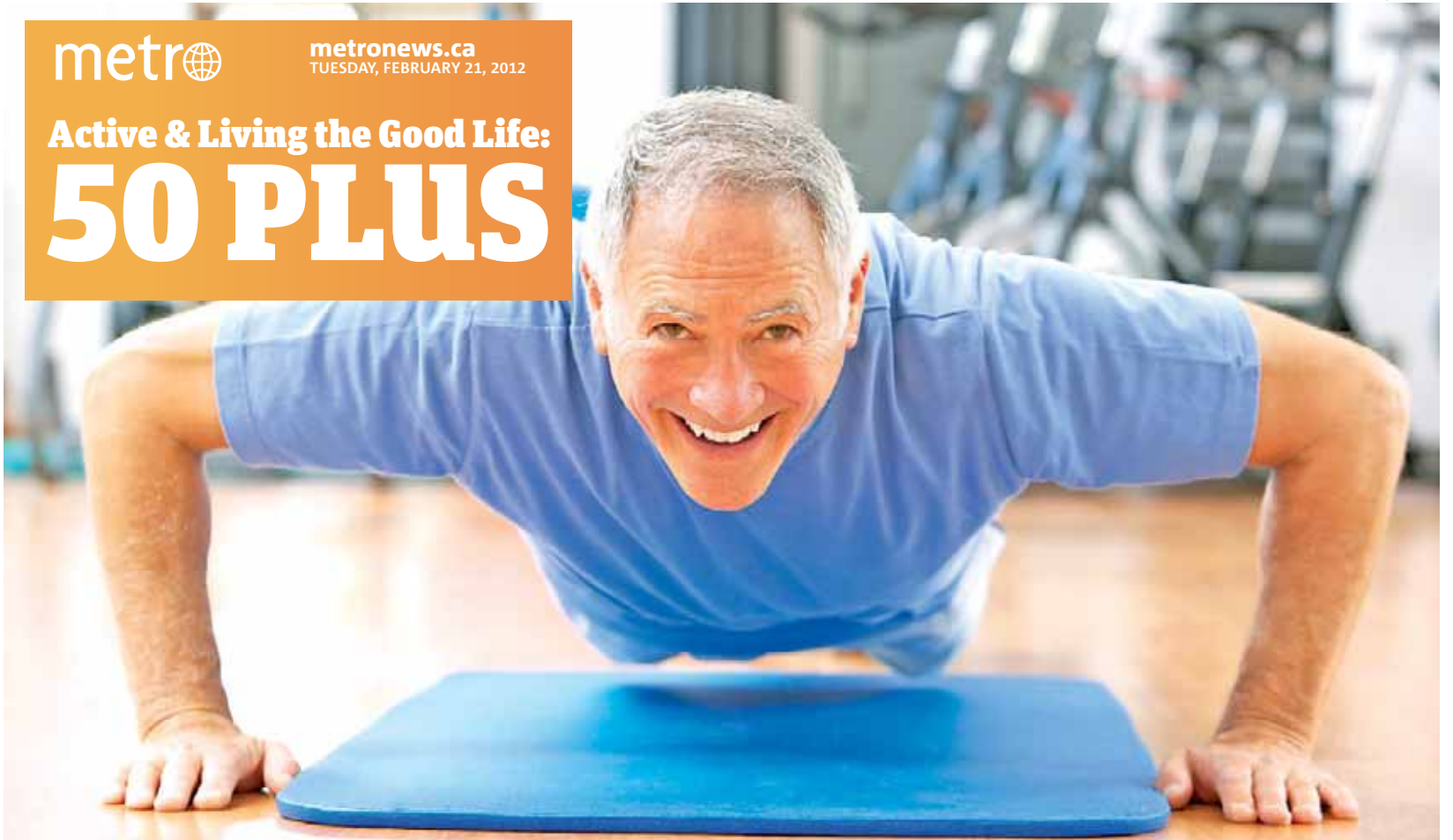
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Active & Living the Good Life:

50 PLUS

Empower yourself with activities

● Experts on healthy aging agree that to make most of your golden years, it helps to stay physically, socially involved



Aging often increases your free time as work winds down, but it can also lead to an increase in isolation as you lose touch with friends and colleagues.

Experts on healthy aging agree that to make the most of your later years, it helps to stay physically and socially active.

Margaret Fraser, interim

executive director of Spencer House Seniors' Centre in Halifax, says older adults find involvement in the community important. Some volunteer with churches or charities, while others join activities like yoga, exercise or swimming. Musical groups are also popular.

"It keeps you mentally active and keeps you socialized," she says. "The more socializing you do,

the more active you can stay, and the more you look forward to doing things, the less isolated you become."

For those with an intellectual bent, Fraser points to the Seniors College Association of Nova Scotia (Thescans.ca). "It's a lecture series," she explains. "For some people, it may be a subject they were never able to learn at school, but in later life they're in-

terested in it. It could be world religion, it could be biology — anything."

Valerie Connors is co-ordinator at Chebucto Links, a group helping older people live safely and independently in their community. She says the older adults she works with enjoy becoming more active. For people with less mobility, that might be chair-based exercised or Forever Fit, a YMCA class

for older people.

"There's also good old-fashioned walking," she says, adding Nordic walking is popular. If you go to any outdoor store that sells the trademark poles, you will probably be able to find out about classes. The walks are usually in the city, or places like Point Pleasant Park.

If you start a new activity, check to make sure your fitness level will be a

good match. If you are suffering from health problems, you might find yourself trailing. If you are in great shape, you might find the pace too slow.

"Staying active physically and mentally is really important," Connors says. "People get a sense of worth by being involved and helping an organization. It really empowers seniors to be participating in the community."

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Fraudsters rely on popular tricks



JON TATTRIE
FOR METRO

Seniors share two traits that make them popular targets for scammers: They have often built up substantial savings and they are often home during the day.

For many fraudsters it's a full-time job. Protecting yourself from scammers requires similar devotion.

Halifax Regional Police warn about some of the most popular tricks:

The Home Repair Person

Someone knocks on your door and offers a free inspection — say, for your roof or chimney. Once inside, they always find serious problems and use high-pressure tactics to get you to agree to the repair job right away. They want to be paid in cash.

Solution: Slow down. Obtain references from previous clients, get a written contract and check their credentials with the Better Business Bureau. Have other companies carry out an inspection.

The Service Person

This scammer turns up claiming they need to look at your gas lines or phone lines. Once inside, they rob you.

Solution: Don't open the door to strangers. Get their name and see their ID through the door and call their company to confirm.

You've Won!

You get a call, letter or email saying you have won



a prize and it will be delivered to you once you have paid a service fee or tax. You send the money and never hear from them again.

Solution: Hang up, throw away and delete. No legitimate contest requires

you to pay to claim a prize.

Medical Fraud

Someone offers you a great deal on health and medical items. The items are bogus and you wind up paying for nothing, or worse, harming yourself

with the product.

Solution: Take the information and ask your doctor for advice.

I Love You

You are online and a message pops up in your chat window. You may be on-

line dating, or you may be on another social site like Yahoo. The chatter strikes up a conversation and falls madly in love with you. Later, they fall into financial problems and you are their only hope. You send money to help — and they

fall into deeper financial trouble. Repeat until you run out of money.

Solution: Block the chat right away. Go to Romancescams.org and see if your suitor matches one of the many international love scams.



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Plan Ahead

"Planning ahead — and even buying ahead or setting the money aside — will offer relief to your grieving family."

► Create and maintain your will so you won't get any unpleasant surprises ► Many people don't have wills



JON TATTRIE
FOR METRO

Death and taxes are the only certainties in life — but you should add estate planning to that list.

Catherine Watson, past president of the Halifax Estate Planning Council and leader of McInness Cooper's estates and trusts service groups, says about half of people aged 50 or older have not created a will.

That's a problem because if you die without one, your estate will default to the legal position,

which creates unpleasant surprises.

"One of the key issues is that common-law partners get nothing," she says. Any children or other biological family will get the estate and it will be up to them to decide if the partner gets anything.

"There's a lot of head-butting," Watson says.

If you are married and have children, your spouse does not automatically get everything. Your spouse gets a share and the rest is divided among the children. The Public Trust office holds the money until

they turn 19. If your spouse wants to use that money for the kids, she will have to convince the office it's necessary.

Another unpleasant surprise is that without proper planning, the taxman gets a bigger share. Proper planning can save the surviving spouse about \$5,000 per year in taxes on an estate of \$500,000.

Watson says setting up a will only takes two meetings. She advises updating it every few years, or when your life changes significantly.

For example, if you leave your common-law partner everything in your will and then the two of you get married, your will is invalidated by the marriage. You need to update it to ensure your money goes where you want it.

Funerals offer the same situation — if you don't take care of the details when you are alive, your family will have to when you die. There are major, expensive decisions to make and you will be better off making them ahead of time.

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CPP changes afoot



Consult experts about how you may be affected by federal pension plan



JANE
DOUCET
FOR METRO

The Canadian government is adapting the Canadian Pension Plan (CPP) to make sure it remains fair and sustainable in the decades to come.

The changes, which are being introduced between 2011 and 2016, are meant to give more options so people can make the right decisions as they approach retirement.

"The reality is, the changes are complicated and confusing," says Greg Pollock, the president and CEO of Toronto-based Advocis, The Financial Advisors Association of Canada. "Most Canadians would benefit from the advice of a certified financial planner."

Here is how the CPP is changing:

► Your monthly CPP retirement pension amount will increase by a larger percentage if you take it after age 65.

► Your monthly CPP pension amount will decrease by a larger percentage if you take it before age 65.

► If you are younger than 65 and you work while receiving your CPP pension, you and your employer will have to make CPP contributions, which will increase your CPP retirement benefits.

► If you are age 65 to 70 and you work while receiving your CPP pension, you can choose to make CPP contributions, which will increase your CPP retirement benefits.

► The number of years of low or zero earnings that are automatically dropped from the calculation of your CPP pension will increase.

► You will be able to begin receiving your CPP pension without any work interruption.

You will be affected by the changes if you are an employee who contributes to the CPP, whether you are starting your career or planning to retire soon; you are self-employed and contribute to CPP; and you are between 60 and 70 and working while receiving your CPP pension.

You won't be affected if you started receiving a CPP pension before Dec. 31, 2010, and you stay out of the workforce.

For more about the CPP, visit servicecanada.gc.ca or call 1-800-277-9914.

You're never too old for love

Seniors are setting the record straight: Love and romance aren't just for the young. In fact, seven in 10 seniors older than the age of 75 say they are never too old for love.

This is one of the key findings of the Revera Report on Romance, which surveyed older adults aged 75 or older, boomers and gen-Yers, to find out about their expectations and experiences with social interaction as they age — including love, romance and companionship.

The report found:

► Only 38 per cent of boomers and gen-Yers believe love and romance will still be very important when they are older than 75, compared to 88 per cent of seniors who say companionship is something they couldn't do without.

► Just as many seniors

have romantic partners as 18 to 30 year olds (approximately 50 per cent for each group).

► Senior men place higher importance on love and romance, with 83 per cent saying it's important, compared to just 56 per cent of senior women.

"Seniors' positive outlook on love and romance is encouraging to see because they are both important aspects of social interaction," says Dr. Amy D'Aprix, gerontologist and an expert on aging.

Seniors themselves recognize that social interaction and having meaningful relationships can make all the difference when it comes to aging. In fact, 98 per cent of seniors believe that keeping socially active is just as important to successful aging as good physical health.

NEWS CANADA

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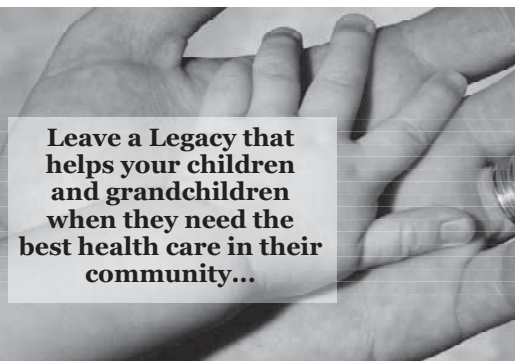


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TUESDAY, FEBRUARY 21, 2012

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to prevent falls



**RICHARD
WOODBURY**
FOR METRO

Falls are a costly problem
in Nova Scotia.

According to a 2007 report by the Nova Scotia government, it pegged the cost of falls among seniors at \$72 million per year, in addition to the human impact.

With an aging population, that number is likely to grow.

"There are many reasons why an elderly person might fall," says Liz van Zutphen, the owner of Balance Physiotherapy in Halifax.

One of the reasons is footwear, especially during the icy winter months when falls are on the rise.

Van Zutphen recommends people choose footwear with good grip and this applies to the footwear one wears inside their home.

Also, seniors shouldn't hesitate to use an aid such as a cane or walker.

Another potential reason for falls is the medication one takes.

"Sometimes, the different medications that seniors take can contribute to falls," says van Zutphen.

She recommends that seniors ask their doctors about the side-effects of the medication they are taking, especially if they feel



they have a problem with balance.

To improve one's balance, van Zutphen recommends people work with a physiotherapist.

"Physiotherapists are great people to work with in terms of developing exercise programs for seniors because we can take into account all of their different medical conditions and develop programs for them and work with them," she says.

The need to be physically active is crucial as it

helps improve posture, muscle strength and balance, thus reducing the risk of falls.

During the cold winter months, the purchase of a treadmill or stationary bike could be a wise investment.

Being in good shape at

all times is important because an unexpected hospital visit can increase the chance of falls in seniors.

"One of the things that can contribute to falls and deconditioning in seniors is hospital admissions," says van Zutphen.

"Sometimes, they'll go into the hospital and have fairly good strength, but because of whatever condition they had, their body becomes deconditioned, so that can lead to a spiral where they don't have enough strength."

Be careful

► Approximately 30 per cent of older adults will fall at least once each year.

Source: Canadian Physiotherapy Association.



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Remain independent

Home design can help you stay in your home longer



**RICHARD
WOODBURY**
FOR METRO

For seniors looking to remain in their own homes as they age, the good news is they don't have to be in tip-top shape to do so.

"You don't have to be perfectly healthy to remain in your own home," says Dr. Janice Keefe, a professor at Mount Saint Vincent University. She also holds the position of Canada Research Chair in Aging and Caregiving Policy.

Keefe says it is important that seniors reach out for assistance when they feel they need help doing certain tasks.

They may even be eligible for homecare assistance, even if the problem isn't related to a current medical condition.

"You don't have to have a specific disease," says Keefe. "What you need to have is a need that you can't do yourself."

She uses the example of somebody who, after a stroke, is having challenges preparing meals. This person could get some homecare assistance for helping with meal preparation.

The way a home is set up also plays a key role in helping seniors maintain their independence.

Keefe says some examples of making a home



ISTOCKPHOTO/THINKSTOCK

more senior friendly are to remove any trip hazards and place light switches and electrical outlets in accessible locations.

In the bathroom, having a tub chair so that one can sit down while in the

shower is a wise investment, as is having bathroom support rails installed. A new toilet might even be worth considering.

"You might want to buy one of these higher raised ones," says Keefe. "It makes it just a little easier for older people to get up and down."

There are also countless gadgets that can help make life a little easier, such as a stove monitor. This is a device that detects unattended cooking by monitoring an individual's movement in the cooking area and shuts the stove off if unattended cooking is detected.

Seeking help

For seniors looking at how to make their homes more functional, Dr. Janice Keefe, a professor at Mount Saint Vincent University, says they can seek out help from an occupational therapist or have a private company that specializes in this perform an assessment.

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Make activities enjoyable

**RICHARD
WOODBURY**
FOR METRO

Staying active and being physically active are crucial to the health and well-being of seniors.

According to the Nova Scotia government's Department of Seniors, only 30 per cent of Nova Scotia seniors are moderately active, meaning they are getting at least 15 to 30 minutes of exercise every day.

The benefits of being active are well-known.

"Numerous studies have indicated that staying physically active, exercising regularly, and participating in leisure activities can help prevent or delay many diseases and disabilities," says the Department of Seniors' website.

Being physically active can be as simple as joining a walking club or participating in group fitness activities. The good news is there are program offerings for seniors at community recreation centres and gyms across the city.

But if someone is looking to exercise closer to home, they could simply go for a walk or do some gardening. They could even use a treadmill, stationary bike or do some yoga. (Chair yoga is another option and people can practise that by using a chair to sit on or lean on for support.)

However, an important part of staying active involves exercising the brain.

"It's so important," says Valerie White, the CEO of the Nova Scotia govern-

ment's Department of Seniors.

She says the key for seniors to stay active is to tailor their activities to what they like to do or what they are interested in trying. This might mean taking up a musical instrument, learning a new language or just taking some classes.

To keep up one's motivation for staying active, having a friend who can take part in the activity can serve as an important motivating factor.

"I think for a lot of these activities, whether it's physical activity or getting mentally involved in something, having a friend who also has a common interest gives you an extra push when you might say, 'It's kind of cold out today,'" says White.

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Best friends Forever

► Maintaining friendships plays important role in battling loneliness



Staying social and having friendships are important parts of life, regardless of one's age. Doing these things helps play a role in maintaining good health and fighting loneliness.

As people age, they can sometimes be isolated from the world for reasons including their family not being nearby or because they don't get out and about like they once did.

Valerie White, the CEO of the Nova Scotia Department of Seniors, says that in some cases, seniors' desires to remain independent by staying at home leads to isolation.

For this reason, she says it's crucial that seniors remain social and get out and do things, even in the cold days of winter. One way White recommends doing this is through having lunch clubs, where a group of friends will have lunch on a weekly basis and take turns cooking. A gathering like this also has a surpris-

"That's a great way to keep in touch, but nothing quite stands up to getting out and physically being with others or having others come visit with you."

VALERIE WHITE, CEO
OF THE NOVA SCOTIA
DEPARTMENT OF SENIORS

ing side-effect since people can get into a cooking rut.

"Sometimes people fall into the tea and toast syndrome," says White, and as a result, "eat light and undemanding fare."

A diet like this will lead to reduced caloric and protein intake, which is not good for a senior's health.

By having lunch gatherings, White says seniors are more likely to make more elaborate, nutritionally-beneficial meals.



Modern technology — such as the Internet — can also help people socialize.

"That's a great way to keep in touch, but nothing quite stands up to getting out and physically being with others or having others

come visit with you," notes White.

Crystal Watson, a faculty member of the NSCC's Therapeutic Recreation program is concerned about the link between isolation and elder suicide.

"I know it's a downer, but we have a number of seniors that when they're not engaged socially, they don't want to live anymore," she says.

With a wealth of options available to seniors

in terms of the activities and volunteer work they can pursue, Watson says it is possible for seniors to experience greater satisfaction levels than they have previously experienced in their lives.



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TUESDAY, FEBRUARY 21, 2012RRSP
GUIDE

No more excuses

Removing roadblocks for RRSPs

JANE
DOUCET
FOR METRO

With the RRSP deadline looming on Feb. 29, some Canadians may be scrambling to find funds to contribute.

The ideal scenario is to set money aside for RRSPs on a regular basis. "The best plan is to contribute a fixed amount monthly," says Paul Lermite, a Vancouver-based certified financial planner with Assante Wealth Management.

The monthly amount gets automatically deducted from your bank account.

Then, if at some point during the year you get a work bonus or inherit money, you can top up your contributions.

Not having a ready stash of cash to invest is just one roadblock stopping people from contributing to an RRSP. Here is how to overcome that obstacle and others.

Can't scrounge up a dime. If you have raided your piggy bank but still can't come up with money to invest, consider taking out an RRSP loan.

"Borrow an affordable amount for one year, maxi-

"If you miss the deadline, that's OK. What you need to do now is get a certified financial planner to help you start planning right away for next year."

PAUL LERMITTE, VANCOUVER-BASED CERTIFIED FINANCIAL PLANNER
WITH ASSANTE WEALTH MANAGEMENT

mum," says Lermite. "Then pay back some of the loan with the tax refund the RRSP generates."

Spent too much at Christmas. If you blew your budget buying gifts for everyone on your list, you could end up mired in credit card

debt leading up to the RRSP deadline. "That doesn't mean you shouldn't buy Christmas gifts," says Lermite. "But it is a sign that you should start reining in your holiday spending."

Missed the deadline. Hoping there is a grace period

post-deadline? Unfortunately, there isn't. But arriving late to the party can be an opportunity in disguise.

"If you miss the deadline, that's OK," says Lermite. "What you need to do now is get a certified financial planner to help you start planning right away for next year."

When the time comes, try not to wait until the day before the deadline to hand over your cash; the sooner before the final moment you can do so, the better prepared you will be.

Waited too long to start. If you are 10 years or more

away from retirement and you finally have a good chunk of change to invest in your first RRSP, it might be worth your while, but talk to your financial adviser to make sure. The closer to retirement you are, the less time you will have to take advantage of compound interest. Also, keep in mind that you must start withdrawing some of your RRSPs at age 71.

"If you're less than a decade away from retirement, you'd probably be better off making non-registered investments like a tax-free savings account," says Lermite.

Women ... knowledge is financial power



JANE
DOUCET
FOR METRO

In her book *It's Your Money: Becoming a Woman of Independent Means*, Gail Vaz-Oxlade cites a USA Today study that reveals 70 per cent of women are afraid they won't have enough money when they are old.

But that's the United States, you might say. The prospects are better for Canadian women. Right? Maybe not.

Statistics Canada has reported that 40 per cent of women older than the age of 75 who were living on their own had incomes below the poverty line. Part of the reason is that many still believe dealing with finances is a man's job.

"We can paint this picture with fresher, more vibrant colours," writes Vaz-Oxlade.

"But to do it, (women) have to understand how money works. And we have to be willing to take

Emergency funds

▶ The best-laid financial strategies will fall apart if you don't have contingency plans in place for such earth-shattering events as the death of a

charge of our own financial lives."

Financial experts caution women not to rely solely on their partner to manage their money.

"Knowledge is power,"

partner, a divorce, or a partner's sudden unemployment. Knowing you have enough cash in an emergency fund to help you through a few lean months will give you peace of mind.

says Teresa Black Hughes, a certified financial planner with Rogers Group Financial in Vancouver. "Women should be a contributor (to the financial conversation), too."

Women tend to have more relationships than men and more people to take care of. "This can distract them from the focus of looking at the numbers of their lives," she says.

At the very least, every woman should have a chequing account in her name only, maintain a healthy credit rating and have a "pay-yourself-first" investment plan.

If your life circumstances change, it will be necessary to review insur-

ance policies, consider tax implications to your new status, and revise your retirement and estate plans.

And while no one wants to think they might one day be alone and disabled due to illness or an accident, it's something to consider.

"Life events, world market events, and personal matters arise," says Black Hughes. "Women have to be prepared to change their expectations along the path to retirement."

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► The earlier you start saving, the more compound interest adds up



YLVA
VAN BUUREN
FOR METRO

The sooner you start saving for retirement, the more money you will have because the more time it will have to grow!

A Scotiabank calculation, for example, shows that if you start contributing \$100 per month to your RRSP at age 20, with an average return of six per cent you will have \$263,589 when you retire at age 65 and your total contributions would be \$54,000.

If you start 10 years later, you will have \$138,068 by age 65 and your total contributions would be \$42,000.

If you start at age 40, you would need to make

monthly contributions of \$388 to have \$263,751 at age 65 (with an average rate of return of six per cent) and your total contributions would be \$116,400. Starting 10 years later at age 50 would give you \$111,895 when you retire and you will have contributed \$69,840.

Here is an online tool that can help determine how much you need to set aside to reach a goal such as retirement savings: scotiabank.com/payyourself-first/ScotiaPAC.html.

Rates of Return: Rates of return are a concern but have to be put into context of historical norms, explains Anthony Williams, vice-president of academic affairs, Canadian Institute of



Financial Planning.

"Over a period of time, things will get back to a reasonable level. We've had periods of time where interest rates were extremely high — for example, they were 20 per cent in the '80s. Now, we're at the other end of the spectrum, at one or two per cent. But it all averages out at the end of the day."

The other way of think-

ing about this, says Peter Drake, vice-president, Retirement and Economic Research, Fidelity Investments Canada, is it's still a reality that we need to save for retirement. "We obsess over investment returns but in a time when returns are lower and more volatile than in the past, we also need to think about the fact that we may need to compensate for

that by saving more now."

Growth Factors: Here is how invested money can grow. In this scenario, John invests \$5,000 per year for 10 years at a five per cent annual return. He then holds the savings in a portfolio earning five per cent per year for an additional 10 years. Susan doesn't save for the first 10 years, but then contributes

\$7,000 per year for 10 years at a five per cent annual return per year. At the end of the 20 years, Susan has contributed \$20,000 more than John has, yet her total savings are \$15,115 less.

SOURCE: FIDELITY INVESTMENTS CANADA ULC. ASSUMES LUMP SUM CONTRIBUTIONS ARE MADE AT THE BEGINNING OF THE YEAR. TAX CONSIDERATIONS ARE NOT INCLUDED.

Which way to steer your savings vehicle?

SMART INVESTING



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Do I put money into my RRSP (registered retirement savings plan) or my TFSA (tax-free savings account)?

As the deadline for RRSP contributions rapidly approaches, many Canadians may be asking themselves that question as they decide where to invest money for their future or their retirement.

The answer to the question will depend on a number of factors, but Canadians should be look-

ing at both options when making their decision, says Carol Bezaire, vice-president of tax and estate planning with McKenzie Financial.

"While the two savings plans have different features and benefits, they are designed to complement each other," says Bezaire. "As a government of Canada brochure states, while an RRSP is primarily intended for retirement, the TFSA is like an RRSP for everything else in your life."

In general, deciding where to make your contributions depends on your tax rate when you contribute funds and your tax rate when you withdraw them.

If your tax rate is lower when you contribute you are better to use a TFSA; if your tax rate is higher you are better to contribute to your RRSP because you will receive a tax refund.



Conversely, if you expect to be in a lower tax bracket when funds are withdrawn, an RRSP is probably a better vehicle for investments. If you expect to be in a higher tax bracket when money is withdrawn, a TFSA may be the better choice because withdrawals are tax free.

"For investors looking

to stretch their RRSP contributions further, consider rolling your RRSP tax refund into a TFSA," Bezaire suggests. "This can add considerable assets to your retirement fund."

Another strategy is to take money out of a TFSA with no penalty, put it into an RRSP for the tax deduction, and then take the tax

refund and put it back into the TFSA, although the re-contribution only can be made in the year following the withdrawal.

There are some strong correlations between demographics and which savings vehicle Canadians use.

TFSA's tend to be more popular among younger Canadians while RRSPs are more popular among older Canadians who are closer to, or in, retirement.

"The older generation, like boomers, tend to have a long-term view of their investments," says Bezaire. "They have been working for a number of years, tend to have higher salaries and therefore can reduce their taxes through the deductions they get from RRSP contributions."

Generation Xers (those born between 1964 and 1980), however, seem to want more flexibility in their work and

investments, Bezaire notes and seem to prefer TFSA's, which have no tax implications for withdrawing money, unlike an RRSP.

Many Canadians in their 20s have borrowed for their education and generally are better off investing in a TFSA because they either can withdraw money to pay off debt or for other things without being taxed, and can put the money back in later.

Regardless of which vehicle they decide to use, statistics show that Canadians are not using either their RRSPs or TFSA's to full advantage, with contributions to either or both well below the allowable limits.

THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

Various ways to pad your retirement



Have you contributed to your RRSP yet? The deadline for contributing and using it on your 2011 income tax return is Feb. 29. Here are ways you can do it:

All at once: At this point in time, your only choice is to make a lump sum contribution. Whether it's because you have an uneven income flow, you forgot, or you don't have a retire-

ment plan in place, "we do know that in February, people stress about making a contribution," says Peter Drake, vice-president, retirement and economic research, Fidelity Investments Canada. "If you're in that situation, it's better to do something than do nothing."

Next year, try to contribute the lump sum earlier in the year rather than later, advises Mike Henry, senior vice-president of retail products at Scotiabank.

"Once money is inside an RRSP, it's growing tax free."

Loan: You might also consider borrowing money. "This is still a great way for someone to get money into retirement savings," says Henry. Most banks have special RRSP loans. For example, "We can set up a catch-up RRSP line at Scotiabank to help you catch up on any unused RRSP contributions," says Henry. But paying off the loan as quickly as possible is recommended.

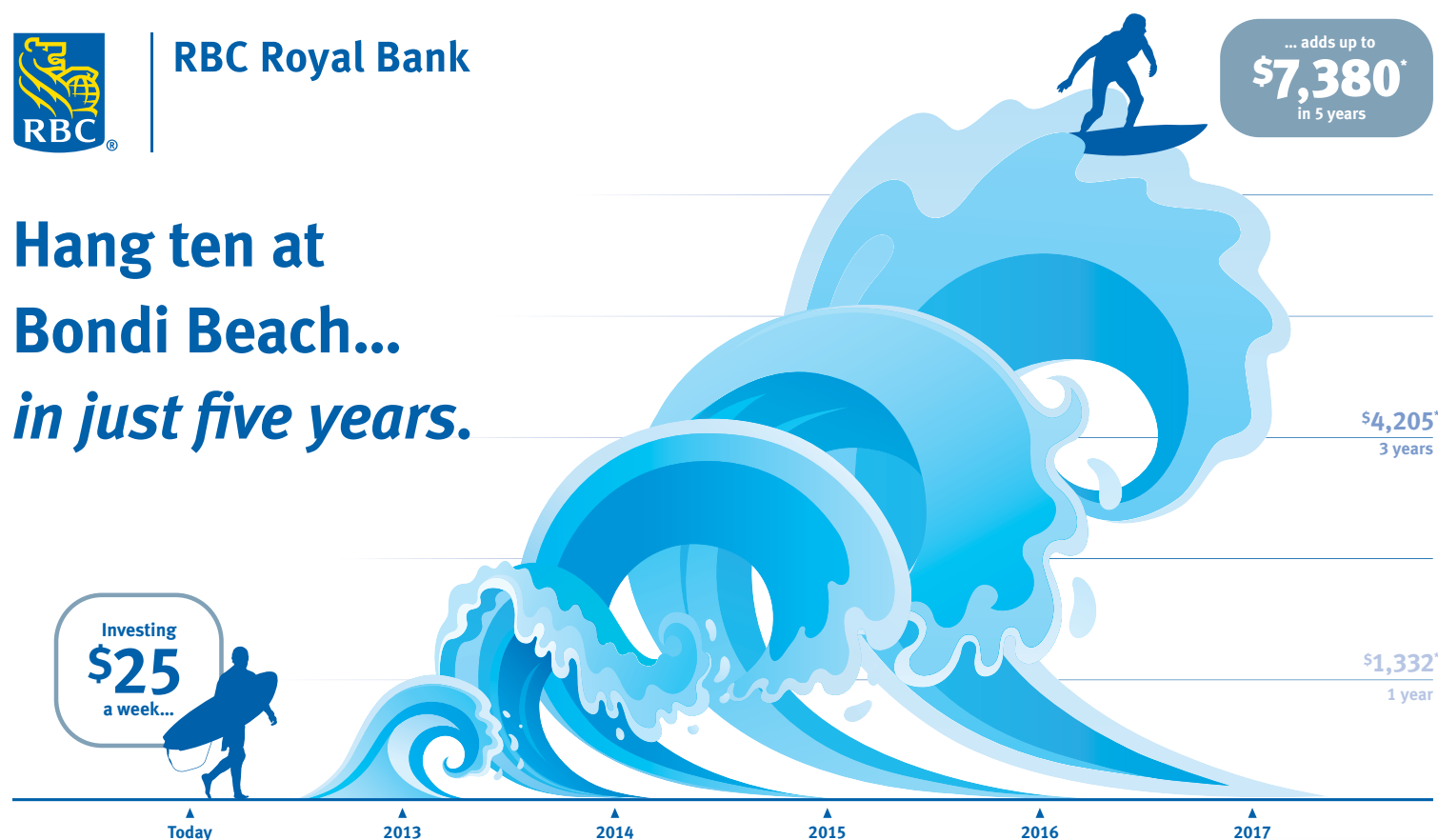
"We let customers defer payments for three months while they wait for their tax return to come in. Then they can use the refund against the loan."

Throughout the year: Regular contributions (weekly, monthly, etc.) are the most convenient and effective way to contribute, says Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning.



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4 sports

Quoted



“(MacDonald) has really taken the ball and run. That’s what pro sports are all about ... It’s the old (adage) ‘What have you done for me lately?’ and Joey MacDonald has been an incredible story for us the last two weeks.”

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A HALIFAX MOOSEHEADS
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Lighter. Hearts



► Nova Scotia skip Heather Smith-Dacey, left, high-fives lead Teri Lake following their Monday afternoon win over Quebec's Marie-France Larouche at the Scotties Tournament of Hearts in Red Deer, Alta.

JONATHAN HAYWARD/THE CANADIAN PRESS

Nova Scotia gets on winning track

The 10-4 win was Nova Scotia's first, as the CFB Halifax squad improved to 1-3 entering Monday's late draw. British Columbia's Kelly Scott was atop the leaderboard as the only unbeaten team at 4-0 after a 7-5 win over defending champion Amber Holland on Monday. Holland and Manitoba's Jennifer Jones were tied for second at 3-1.

Rainmen leave good vibes at Metro Centre

- Halifax unable to build momentum after Sunday's big win over Lightning
- Twenty-one point loss ranks as club's second-worst defeat this season

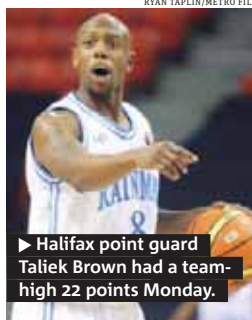


MATTHEW WUEST
@METRONEWS.CA

The Halifax Rainmen didn't get to enjoy their biggest win of the season for long.

Little more than 24 hours after a statement-making 26-point victory over the first-place London Lightning at the Metro Centre on Sunday, the Rainmen were demolished 121-99 by the fourth-place Saint John Mill Rats in New Brunswick.

The Rainmen dug themselves a 13-0 hole off opening tip-off and never recovered, as the Mill Rats — fighting for the final National Basketball League of Canada playoff spot — posted a wire-to-wire victory.



► Halifax point guard Taliek Brown had a team-high 22 points Monday.

“We just came out real sluggish early on and that first quarter really killed us,” said Rainmen point guard Taliek Brown. “We just were drained right out and our legs just weren't there.”

Head coach Josep ‘Pep’ Claros declined an interview request.

Halifax trailed by 11 at

Still waiting on referee review

The National Basketball League of Canada still hasn't reviewed the officiating of the Rainmen's Jan. 30 road game against the Moncton Miracles.

► Rainmen head coach Josep ‘Pep’ Claros called the

game a “circus” and said the refs were “inventing fouls” that cost his team the game.

► Three weeks later, Mike Homsy, the league's director of officials, said the Miracles “had problems with their DVDs” and that they haven't sent him a game video to review, leaving the situation unresolved.

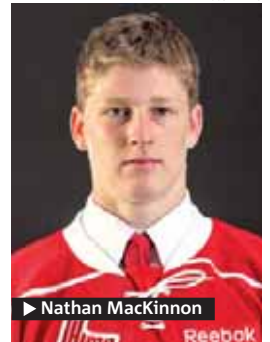
halftime, but fell apart in the third quarter, outscored 41-18, as the Mill Rats built up a comfortable 34-point cushion heading into the final frame.

The normally well-balanced Rainmen had just two players in double-figures — Brown with 22 points and Tyrone Levett with 14.

The loss leaves the third-place Rainmen two games behind the Quebec Kebs, their probable first-round playoff opponent. The Kebs visit the Metro Centre on Thursday at 7 p.m.

“We've just got to build from this, come back to Halifax, and get ready for Quebec,” Brown said.

HALIFAX MOOSEHEADS



► Nathan MacKinnon

MacKinnon ‘game-time decision’ vs. Sea Dogs

The Halifax Mooseheads could have Nathan MacKinnon back for Tuesday's road game against the second-place Saint John Sea Dogs.

The Mooseheads, who are riding a four-game winning streak, but have been without MacKinnon for the past two contests, are calling their leading scorer a “game-time decision” for the 7 p.m. tilt at Harbour Station.

MacKinnon fractured his thumb blocking a shot last Thursday. Mooseheads general manager Cam Russell said MacKinnon skated on Monday and “felt good.”

The 16-year-old is 17th in QMJHL scoring and second among rookies with 26 goals and 39 assists for 65 points in 47 games.

The Mooseheads (33-18-6) are sixth in the QMJHL and trail the fifth-place Victoriaville Tigres by six points with one game in hand. ● **MATTHEW WUEST**

AUS HOCKEY

Huskies to clash with Moncton in semifinal

The Saint Mary's Huskies will face the Moncton Aigles Bleus in the Atlantic University Sport men's hockey semifinals, tentatively slated to start later this week in Halifax.

Second-place Moncton knocked off St. F.X. 1-0 on Monday night to win the best-of-three quarterfinal.

● **METRO**

Raonic ready to take on the world

Canadian tennis player Milos Raonic is brimming with confidence after a successful title defence at the SAP Open.

He's hoping his strong start to the season will give him the boost he needs as he tries to reach the upper echelon on the ATP World Tour. Raonic hasn't put a specific number on his goal, but feels he has a

chance to reach the top 10 in the world rankings in 2012.

"That's where I want to be by the end of the year," Raonic said Monday on a conference call. "I don't think there's anything that really tells me that I don't belong there."

Raonic defeated Denis Istomin of Uzbekistan 7-6 (3), 6-2 in Sunday's final in San



"I've gotten a lot of good wins. I'm beating guys I feel I should beat."

MILOS RAONIC

Jose, Calif., for his second tournament win of the season. Next up for the 21-year-old from Thornhill, Ont., is a stop at this week's World Tour 500 event in Memphis. Raonic was a wild-card entry at the Regions Morgan Keegan Championships last year. He made it all the way to the final before falling in a three-set thriller to veteran

American Andy Roddick.

This year the world No. 35, down three spots in the most recent rankings, will be one of the favourites at the \$1.115-million US event.

"I feel just in general my confidence is growing, my respect from the other players is growing," said Raonic. "It's just coming together nicely."

Raonic rose to as high as No. 25 in the rankings last year — the highest ever for a Canadian — before a hip injury at Wimbledon cut his season short.

He was hampered by a left knee injury in Canada's loss to France at this month's Davis Cup, but an MRI exam did not reveal any serious issues.

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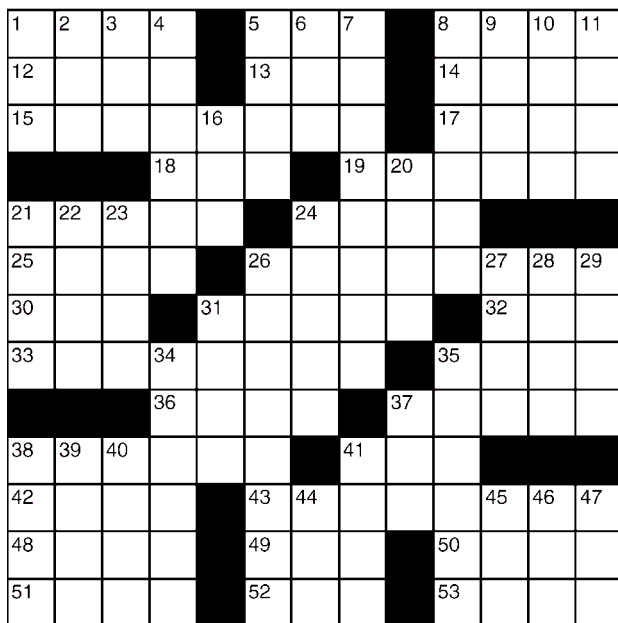
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Crossword

Across

1 Above
5 Stick out
8 Take out of the manuscript
12 Carry on
13 Fire residue
14 Holly
15 Poisonous evergreen
17 Put away for a rainy day
18 Seek restitution
19 Funny, in an O. Henry sort of way
21 Ersatz chocolate
24 Huff and puff
25 Prayer ending
26 Sieve
30 Business deg.
31 "The Age of Anxiety" poet
32 Past
33 Potpourri of a sort
35 Rorschach test picture
36 Cincinnati team
37 Mustard-family herb
38 Urban problem
41 Hot tub
42 Bedouin
43 Robinson Crusoe, e.g.
48 Hammer's target
49 Ultra-modernist
50 Money
51 Rote of football lore
52 Talk on and on
53 Syringe, for short
Down
1 Acapulco gold
2 Actor Kilmer
3 Previous night



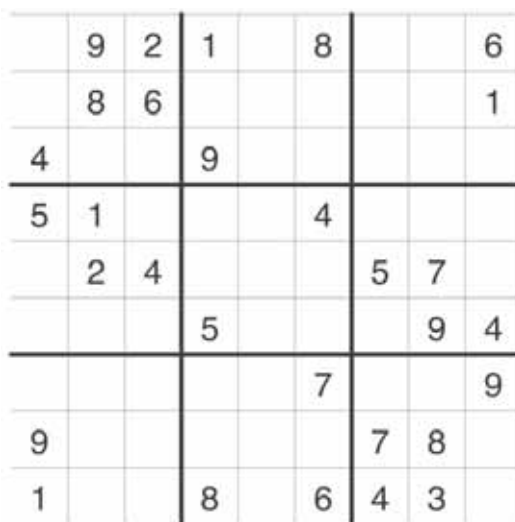
4 Logic
5 Nephrite
6 Work with
7 Michael Jackson hit
8 Repudiate
9 Verve
10 Jeans-maker
Strauss
11 Biz bigwig
16 Gist
20 Reddish horse
21 Bivouac
22 Early pulpit
23 Paper quantity
24 Portends
26 Holding affectionately
27 Chip's cartoon pal
28 Ids' counterparts
29 Deteriorates
31 From the beginning
34 Fit for farming
35 Limb
37 Tax pro
38 Founded
39 Say grace, e.g.
40 Bar
41 Unkempt one
44 Vast expanse
45 Week fraction
46 Kreskin's claim
47 Pi follower
53 Barbie's

companion

► Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ►



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BigRedDog, Who would have thought petting your dogs would turn into a life time together? We've been through more in one year than most couples go through in a lifetime, and i wouldn't have changed not one moment. Love to love you & want to want you 4evr4lways <3 AMEN! ESTROGEN

MY KNIGHT AND HERO You came into my life when I needed you the most, you opened my soul and breathed life back into me...I owe you forever, and with that I will have you forever in my heart and soul, i miss you but I know you are with me...I have stayed with you like you asked,,my heart aches for you all the time....I am your lady till the end of time. YOUR LADY

JR, How many famous people in your head?! you can provide any one so smart i love you!!! RR

Today	-3°/-5° Sunny	Wednesday	5°/-1° Rain and snow 90%	Know what the weather will be 14 days from now. Check the 14 day trend. ©The Weather Network 2012
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Today's horoscope

♈ Aries March 21-April 20

Speak your mind today and don't worry too much who might be offended.

♉ Taurus April 21-May 21

Don't be secretive about your social and professional ambitions – let everyone know what it is you are hoping to achieve.

♊ Gemini May 22-June 21

You will be intensely ambitious over the next few days. Go for it!

♋ Cancer June 22-July 22

Can you afford to sit back and look smug as the plans you made a few months ago begin to pay off? Yes you can.

♌ Leo July 23-Aug.23

This is a good time to start something of a business nature.

♍ Virgo Aug. 24- Sept. 22

Are you looking at a situation with clear eyes, or are you seeing what is truly there?

♎ Libra Sept. 23-Oct. 23

You must pace yourself sensibly today, even if you think you can labour from dawn to dusk without a break.

♏ Scorpio Oct. 24-Nov. 22

All things are possible and if you want something enough you will find ways to get it today.

♐ Sagittarius Nov. 23-Dec. 21

Don't turn your back on some-

For today's crossword answers and for expanded horoscopes, visit metronews.ca

one who needs help, even if they have been less than helpful to you in the past.

♑ Capricorn Dec. 22-Jan. 20

There is no point losing your temper with someone whose beliefs you profoundly disagree with.

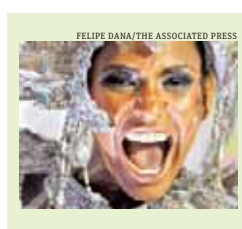
♒ Aquarius Jan. 21-Feb. 18

Make a decision and stick with it. If you chop and change you could do yourself a great deal of damage.

♓ Pisces Feb. 19-March 20 A new moon in your sign means a new beginning – but what kind of new beginning is entirely up to you.

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